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Cycling Challenge Raises Money For Northeast Passage

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Northeast Passage

August 23, 2006

DURHAM, N.H. -- The third annual Three Notch ride to benefit Northeast Passage will be held Sept. 10, 11 and 12, 2006 in the White Mountains of New Hampshire.

The Three Notch ride will challenge cyclists to conquer three mountain passes in three days. The trip will cover 105 miles and 4,300 feet of elevation gain, as riders take on Franconia Notch, Crawford Notch and the Kancamagus Highway. Day one will begin at Loon Mountain in Lincoln, NH and cover 35 miles through Franconia Notch with an overnight at the AMC Highland Center. On day two, the team will descend through Crawford Notch and into North Conway. There will be an overnight at the North Conway Grand Hotel. Day three will cover 38 miles up and over the Kancamagus Pass. The group will descend and finish back at Loon Mountain. There is a one day only option for all participants (day one, Franconia Notch).

Participants will enjoy three days of recreation and relaxation while raising money for Northeast Passage's adaptive sports programs. This event is designed for people of all abilities, including expert cyclists and people with disabilities. Each participant is asked to secure pledges or donations. Accommodations, meals and event goodies are included.

The Three Notch ride is part of Mountains to Marshes, a trilogy of fundraising events to benefit Northeast Passage. Mountains to Marshes is New England's premiere three sport, three season outdoor adventure for people with disabilities, their family and friends. Mountains to Marshes also includes cross country skiing in February and kayaking in June.

The Three Notch ride is sponsored by Martin's Point Health Care.

Northeast Passage is a program of the University of New Hampshire's School of Health and Human Services and an affiliate of Disabled Sports USA. Northeast Passage develops and delivers innovative, barrier free recreation and health promotion programs. All proceeds from these events directly benefit Northeast Passage's programs.

If you are interested in participating in the Three Notch ride or any of Northeast Passage's programs, call 603-862-0070 or email northeast.passage@unh.edu or visit www.nepassage.org.